

Tidewater* *r ENA

Race for the cure October 17, 2009

We are excited to having our team represented in the 2009 Komen Tidewater Race for the Cure. The event is October 17, 2009 at Neptune's Park on 31st Street at the Virginia Beach Oceanfront. **Our team name is Tidewater ENA and the team captain is Janice McKay.**

There are different events that you can register for, such as the 5K Competitive (timed event-additional \$2 for the timing chip), 5K Recreational, 1 mile walk, Kids for the Cure (ages 3-10) or a Spirit Runner (not walking but there in spirit). Sign up for the event you would like to do. We do not all have to do the same event.

Registration can be done online. Registration cost for each team member is:

Standard runner/walker untimed team \$20
Standard competitive runner 5k chip timed team \$22
In the pink runner/walker \$50
VIP pink ribbon runner/walker \$100

To register online, go to www.komentidewater.org, click **Komen Race for the Cure**, click on **register, join a team** then **register with an existing team, Tidewater ENA**. The search results will have Tidewater ENA listed then **click either the name of our team or join at the end of the line. Complete your registration according to the event you are going to participate in.** You can also create your own fundraising page and use this to help you to raise money for the cause by emailing friends and relatives for donations or pledges. Their donations can be made online with no processing fee. The web site directs you how to do this. I do not know the on-line deadline date as of yet but will keep you advised when it is available.

We are asking everyone to go the extra mile and collect pledges from your friends, coworkers or family to help support the fight against breast cancer. The web site has information about where to turn in your pledges once you receive them or how to pledge online. **Our team goal is \$5000, up from our goal of \$1000 last year. Last year we raised \$2800 so let's beat that this year!!**

Attached is some general information about the event.

Any questions or problems, please contact me at 548-2054 (H) 630-1242 (C)
janicemckay@msn.com

Information will be provided to team members as it becomes available or closer to the event.